**Jr. LIFEGUARDING - ANDREWS UNIVERSITY - WEDNESDAY**

**Fall 2017**

**Information About the Instructor**

**Instructor Name:  Jessica Larson**

**Instructor Email:**[**larsonj7713@gmail.com**](mailto:larsonj7713@gmail.com)

**Instructor Phone:**[**(269) 471-3257**](tel:(269)%20471-3257)

**Instructor Bio:**

**Jessica Larson:  Jessica has coordinated programming for the Beatty Pool at Andrews University since May 2013.  She has been a swim teacher for 14 years at various locations and loves teaching individuals of all ages.  She teaches several University courses including:  swimming, water safety instructor, lifeguarding, and rock climbing.**

**Teacher of Record: Mary Landgraf**

**Email:**[**mary.landgraf@nilesschools.org**](mailto:mary.landgraf@nilesschools.org)

**Information About the Course:**

**Students should bring their swimsuit and towel every day of class.**

**Prerecs:**

**1)Swim Front Crawl for 25 yds continuously while breathing to the side**

**2)Swim Breaststroke for 25 yds using pull, breathe, kick, glide sequence**

**3)Tread Water for 1 min using arms and legs**

**4)Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yds using Elementary Backstroke or Back crawl.**

**5)Submerge and swim a distance of 10 feet under water**

**Time:  4:00 pm to 5:30 pm**

**Day:  Wednesday Sep 6 - Nov 15**

**Age: Age 11-15, must be able to swim laps consistently**

**Location:  Andrews University Beaty Gym & Pool, 8522 East Campus Circle Drive, Berrien Springs, MI 49104**

**This Resource is:  Direct Pay- The Pool will bill the Partnership for the student’s participation and attendance to the program**

**Description:**

**The purpose of the American Red Cross Jr.  Lifeguarding course is to provide an opportunity for students to prepare for Lifeguarding class. Students will improve their swimming skills to achieve the Pre-recs to join Lifeguarding class and gain knowledge and practice of CPR, First Aid, and Rescues.**

**Because this course is on campus, the university requires a parking sticker on your vehicle.  The fee last semester was $10.00 annually.  Stop by the Campus Safety office or register your vehicle online at**[**https://www.andrews.edu/services/safety/parking/**](https://www.andrews.edu/services/safety/parking/)

**Tentative Weekly Schedule:**

**Sept 6 Introduction and Prerecs for Jr. Lifeguarding, Victim Recognition**

**Sept 13 RID Factor, Surveillance, Scanning, Zones, Reach or Throw**

**Sept 20 Water Entries, Lifeguard Stations, Rotations**

**Sept 27 General Procedures for an Emergency on Land, Lifeguard Prerecs**

**Oct 4  Emergency Action Plans, Rescues at or Near the Surface**

**Oct 11 Educating Others, Conflict Resolution, Life Jackets, Surface Dives**

**Oct 18 Two-Person Removal from the Water, Escapes, Choking Victims**

**Oct 25 CPR & Rescue Breathing, Shadow Guard, Lifeguard Prerecs**

**Nov 1 First Aid and Spinals**

**Nov 8 First Aid and Spinals**

**Nov 15 Final Exam, Lifeguard Prerecs**